



SOUTH COAST AIR QUALITY MANAGEMENT DISTRICT

AIR QUALITY FORECAST



Forecast Valid Thursday, September 19, 2019

Issue Date: Wednesday, September 18, 2019

Area	Forecast Area	AQI	AQI Description	Pollutant	Cleanest Time of Day *
1	Central Los Angeles County	59	MODERATE	PM2.5	Similar all day
2	Northwest Coastal Los Angeles Co.	46	GOOD	PM2.5	Similar all day
3	Southwest Los Angeles County Co.	38	GOOD	Ozone	Similar all day
4	South Coastal Los Angeles Co.	38	GOOD	Ozone	Similar all day
5	Southeast Los Angeles Co.	50	GOOD	PM2.5	Similar all day
6	West San Fernando Valley	50	GOOD	Ozone	Similar all day
7	East San Fernando Valley	47	GOOD	Ozone	Similar all day
8	West San Gabriel Valley	45	GOOD	Ozone	Similar all day
9	East San Gabriel Valley	53	MODERATE	PM2.5	Similar all day
10	Pomona/Walnut Valley	50	GOOD	Ozone	Similar all day
11	South San Gabriel Valley	44	GOOD	Ozone	Similar all day
12	South Central Los Angeles Co.	38	GOOD	Ozone	Similar all day
13	Santa Clarita Valley	74	MODERATE	Ozone	Similar all day
14	Antelope Valley	64	MODERATE	Ozone	Similar all day
15	San Gabriel Mountains	61	MODERATE	Ozone	Similar all day
16	North Orange County	42	GOOD	PM2.5	Similar all day
17	Central Orange County	42	GOOD	PM2.5	Similar all day
18	North Coastal Orange County	39	GOOD	Ozone	Similar all day
19	Saddleback Valley	38	GOOD	PM2.5	Similar all day
20	Central Coastal Orange County	27	GOOD	Ozone	Similar all day
21	Capistrano Valley	31	GOOD	Ozone	Similar all day
22	Corona/Norco Area	61	MODERATE	Ozone	Similar all day
23	Metropolitan Riverside County	74	MODERATE	Ozone	Similar all day
24	Perris Valley	77	MODERATE	Ozone	Similar all day
25	Lake Elsinore Area	49	GOOD	Ozone	Similar all day
26	Temecula Valley	51	MODERATE	Ozone	Similar all day
27	Anza Area	54	MODERATE	Ozone	Similar all day
28	Hemet/San Jacinto Valley	74	MODERATE	Ozone	Similar all day
29	Banning/San Gorgonio Pass	90	MODERATE	Ozone	Similar all day
30	Coachella Valley	71	MODERATE	Ozone	Similar all day
31	East Riverside County	71	MODERATE	Ozone	Similar all day
32	Northwest San Bernardino Valley	67	MODERATE	Ozone	Similar all day
33	Southwest San Bernardino Valley	58	MODERATE	Ozone	Similar all day
34	Central San Bernardino Valley	80	MODERATE	Ozone	Similar all day
35	East San Bernardino Valley	93	MODERATE	Ozone	Similar all day
36	West San Bernardino Mountains	80	MODERATE	Ozone	Similar all day
37	Central San Bernardino Mountains	90	MODERATE	Ozone	Similar all day
38	East San Bernardino Mountains	77	MODERATE	Ozone	Similar all day
39	Phelan	87	MODERATE	Ozone	Similar all day
40	Hesperia	93	MODERATE	Ozone	Similar all day
41	Trona	67	MODERATE	Ozone	Similar all day
42	Victorville	74	MODERATE	Ozone	Similar all day
43	Yucca Valley	71	MODERATE	Ozone	Similar all day
44	Barstow	64	MODERATE	Ozone	Similar all day
45	Twentynine Palms	61	MODERATE	Ozone	Similar all day

* The **Cleanest Time of the Day** is based on forecasts of below-average AQI for PM_{2.5} and Ozone. These forecasts do not include PM₁₀. They may differ from the actual AQI and users should also check the current AQI measurements at <http://www.aqmd.gov/aqimap> to plan outdoor activities.

What To Do When Air Pollution Reaches Unhealthy Levels

In areas with **UNHEALTHY FOR SENSITIVE GROUPS** air quality (AQI of 101 to 150), sensitive or susceptible persons, including children, older adults and those with heart or lung disease, should minimize outdoor activity.

In areas with **UNHEALTHY** air quality (AQI of 151 to 200) or an **Ozone HEALTH ADVISORY Alert** (AQI of 132 to 200 for 1-hour ozone), everyone should discontinue prolonged, vigorous outdoor exercise lasting longer than one hour. Examples of the kinds of outdoor activities that should be avoided are calisthenics, basketball, running, soccer, football, tennis, swimming laps, and water polo. Susceptible persons, such as those with heart or lung disease, should avoid outdoor activity entirely.

In areas with **VERY UNHEALTHY** air quality (AQI of 201 or above) or an **Ozone STAGE-1 Alert** (AQI of 201 or above for 1-hour ozone), everyone should discontinue all vigorous outdoor activities regardless of duration.

Detailed Air Quality Forecasts Including Wildland & Agricultural Burn Forecasts:

<http://www.aqmd.gov/forecast>

Daily Air Quality Forecasts and Advisories by Email -- Subscribe or Modify Settings at:

<http://www.airalerts.org>

AQMD Web Site for Current AQMD Air Quality Measurements, Forecasts and Advisories:

<http://www.aqmd.gov/>

or by Telephone with our Interactive Voice Response System: **1-800-CUT-SMOG** (1-800-288-7664)

Contact AQMD: **1-800-CUT-SMOG** or (909) 396-2000

Forecast Area Map:

<http://www.aqmd.gov/ForecastAreas>